

MILWAUKEE COUNTY MEALS ON WHEELS



MEALS ON WHEELS

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>   <div> <p>Suggested Contribution</p> <p>\$3.00</p> <p>60+</p>  </div> </div> <p>414-358-6527</p> <div>  <p>♥ = DIABETIC DESSERT</p> </div>				
<p>3</p> <p>ELECTION DAY</p> <p>Swedish Meatballs</p> <p>Garlic Mashed Potatoes</p> <p>Broccoli & Cauliflower</p> <p>7-Grain Bread</p> <p>Fruit Cocktail</p>	<p>4</p> <p>Turkey à la King</p> <p>Rice</p> <p>Capri Vegetables</p> <p>Poppy Seed Roll</p> <p>Peanut Butter Cookie</p> <p>♥ Fresh Orange</p>	<p>5</p> <p>Italian Sausage</p> <p>Marinara Sauce</p> <p>Veggie Penne Pasta</p> <p>Italian Vegetables</p> <p>Italian Bread</p> <p>Diced Pears</p>	<p>6</p> <p>Creole Chicken Breast</p> <p>Red Beans & Rice</p> <p>Bahama Vegetables</p> <p>Cornbread</p> <p>Fruited Yogurt</p>	<p>7</p> <p>SORRY WE'RE CLOSED</p>
<p>10</p> <p>Pork Chop Suey</p> <p>w/Oriental Vegetables</p> <p>Seasoned Brown Rice</p> <p>Oatmeal Bread</p> <p>Orange Juice</p> <p>Fresh Apple</p>	<p>11</p> <p>Grilled Burger/Bun</p> <p>w/Mushrooms & Swiss</p> <p>Pickle Slices</p> <p>American Potato Salad</p> <p>Baked Beans</p> <p>Chilled Apricots</p>	<p>12</p> <p>Glazed Ham</p> <p>Baked Potato Casserole</p> <p>Green Beans</p> <p>Marble Rye Bread</p> <p>Pineapple</p>	<p>13</p> <p>Beef Stroganoff</p> <p>Buttered Noodles</p> <p>Crinkle Carrots</p> <p>Dinner Roll</p> <p>Chocolate Pudding</p> <p>♥ Fresh Fruit</p>	<p>14</p> <p>Oven-Fried Chicken</p> <p>Baked Potato</p> <p>Corn</p> <p>Garden Salad/Dressing</p> <p>Biscuit</p> <p>Fresh Pear</p>
<p>17</p> <p>Green Pepper Casserole</p> <p>Country Style Vegetables</p> <p>Warm Peaches</p> <p>Honey Wheat Bread</p> <p>Sugar Cookie</p> <p>♥ Fresh Fruit</p>	<p>18</p> <p>Smothered Pork Chop</p> <p>Scalloped Potatoes</p> <p>Wisconsin Vegetables</p> <p>Rye Dinner Roll</p> <p>Fruit Cup</p>	<p>19</p> <p>Chicken Cordon Bleu</p> <p>Wild Rice</p> <p>Baby Peas</p> <p>Tossed Salad/Dressing</p> <p>Dinner Roll</p> <p>Banana</p>	<p>20</p> <p>Breaded Fish/Bun</p> <p>Tartar Sauce</p> <p>Au Gratin Potatoes</p> <p>Asparagus</p> <p>Coleslaw</p> <p>Clementine</p>	<p>21</p> <p>Manicotti</p> <p>w/Italian Sauce</p> <p>Roasted Broccoli</p> <p>Romaine Salad/Dressing</p> <p>Garlic Bread</p> <p>Fruited Yogurt</p>
<p>24</p> <p>Philly Chicken & Swiss</p> <p>on Whole Grain Bun</p> <p>Baby Baker Potatoes</p> <p>Normandy Vegetables</p> <p>Apple Juice</p> <p>Grapes</p>	<p>25</p> <p>Cheesy Rotini & Ham</p> <p>Brussels Sprouts</p> <p>Roasted Beets</p> <p>Breadstick</p> <p>Mandarin Oranges</p>	<p>26</p> <p>Sliced Turkey/Bun</p> <p>Tater Tots</p> <p>Succotash</p> <p>Baby Carrots</p> <p>Blueberry Pie</p> <p>♥ Blueberries</p>	<p>27</p> <p>Salisbury Steak</p> <p>w/Gravy</p> <p>Mashed Potatoes</p> <p>Stewed Tomatoes</p> <p>French Bread</p> <p>Ambrosia</p>	<p>28</p> <p>Tuna Noodle Casserole</p> <p>Chef's Vegetables</p> <p>Baked Cinnamon Apples</p> <p>Spinach Salad</p> <p>7-Grain Bread</p> <p>Fresh Orange</p>



American Heart Association.

Healthy for Good™



REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.



EAT SMART

MOVE MORE

BE WELL

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